

A therapy used by patients and therapists in West Dorset can help with a huge range of human conditions – and is even used on horses and dogs. Deep Oscillation is a medical device used by therapists and patients for many conditions, including Achilles problems, arthritis, dead legs, plantar fasciitis, strains, sprains and breast-feeding problems, through to chronic back and shoulder problems. One of the first therapists to use it in the UK was Christine Talbot from Wareham, who has changed the lives of the lymphoedema patients with manual lymphatic drainage combined with Deep Oscillation.



## I'm picking up good vibrations

to patients via vinyl gloved hands and patients apply to themselves via applicators. Patients love the fact they can take the unit as hand luggage and manage any post flight swelling with their personal unit.

It does not electrically stimulate the tissue like Tens, or heat the tissue like ultrasound and so it can be used immediately post op and injury. it can also be used over implanted pins/plates, prosthesis and breast implants.

Deep Oscillation, a patented therapy, was brought to the UK from Germany by sports and holistic massage therapist Julie Soroczyn of Physiopod UK. She said: "I've treated a variety of conditions with it and it is just amazing."

Julie teamed up with her sister Mary Fickling to establish Physiopod UK Limited, which distributes the machine exclusively in the UK and Ireland.

One of the main conditions it is used for is lymphoedema; a chronic condition that causes swelling in the body's tissues, this can be primary or secondary. Primary is caused by a developmental

abnormality of the lymphatic system. Secondary can develop after cancer treatment which involves lymph node removal/radiotherapy. When the lymphatic system isn't doing its job of fighting infection and draining lymph fluid this can cause swelling in the area affected with increased risk of cellulitis developing.

Lymphoedema is thought to affect more than 200,000 people in the UK, and affects around 20 per cent of people who have undergone breast cancer treatment.

Other causes of lymphoedema include obesity, immobility, venous disease, inflammation, trauma, infection, insect bites and cellulitis.

Julie's mother-in-law had suffered terribly with lymphoedema after breast cancer treatment and Julie wanted to ensure cancer patients could access the therapy easily which is why they focussed their business on getting it into NHS hospitals. In 2019, Christine teamed up with Dorset Cancer Care Foundation to host a special patient gathering in honour of Mary and Julie to celebrate Deep Oscillation being in the UK and

Ireland with Silver Island TV recording seven interviews with local patients who had successfully received treatment. Another very similar sounding condition – lipoedema – can also be treated.

Unlike lymphoedema, which is fluid-filled swelling, lipoedema is an abnormal fat swelling, where the hips, buttocks, legs and sometimes upper arms, are out of proportion with the rest of the body. Unlike normal weight gain caused by over-eating or lack of exercise, lipoedema fat can be painful or feel heavy and hurt when banged or scraped, even gently. It also can bruise easily. Deep Oscillation reduces pain, oedema (if present) and inflammation.

Deep Oscillation is currently used in top level sport and in the NHS lymphoedema services as well as by private therapists. Physiotherapists, sports, complementary and equine and canine therapists have also added this gentle, effective, therapy to their skills. Here are some local therapists using the machine:

**Sheera King:** Abundant Wellbeing, 66 St Michaels Lane, Bridport DT6 3LB 07900 643 096

**Mulu Thomson:** Southover Mill, Southover, Frampton DT2 9NQ. 01300 320586/ 07771 714 945

**Julia Williams:** The Garden Studios, 38 North Allerton, Bridport DT6 5DY. 01308 538112/ 07734 511287

**Christine Talbot:** Stoborough Meadow, Wareham BH20 5HR. 01929 556560/07881 598 937

A full therapist map is at [physiopod.co.uk/therapist-map.shtml](http://physiopod.co.uk/therapist-map.shtml)

■ [physiopod.co.uk](mailto:physiopod.co.uk) 0115 916 7685

■ [enquiries@physiopod.co.uk](mailto:enquiries@physiopod.co.uk)

## DEEP OSCILLATION® A THERAPY ALREADY USED IN DORSET

### Patient Testimonial Lipoedema

“ Being able to treat this condition for myself, at home, at any time, and as often as I want, has given me much more control in how I live with it. I can prioritise things that are important to me and adjust the number and length of treatments accordingly

### Practitioner Testimonial

“ DEEP OSCILLATION is a remarkable piece of ingenuity, simple to use, deeply effective on a multitude of conditions from tissue softening, reduction of limb volume in Lymphoedema, improving circulation, scar management, wound healing and reducing pain and disability - Christine Talbot SRN, Lymphoedema and Bowen Therapist, Dorset

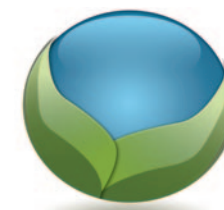
Get in touch to locate a Deep Oscillation therapist or about making an investment in a personal unit for self care.  
Call Julie on 0115 9167 685 or email [info@physiopod.co.uk](mailto:info@physiopod.co.uk)



**DEEP OSCILLATION**  
**7 KEY APPLICATIONS**

- 1 AESTHETICS**  
Natural anti-aging and pre and post cosmetic surgery lipolysis
- 2 BURNS/SCARS**  
Healing of burn scars, reducing itching and breaking down scar tissue
- 3 FIBROMYALGIA**  
Reducing symptom severity, pain, and improving quality of life
- 4 INJURY AND INFLAMMATION**  
Back/shoulder problems, tennis & golfers elbow, arthritis/whiplash
- 5 LIPOEDEMA**  
Easing pain, reducing oedema, inflammation and that feeling of "heavy legs"
- 6 LYMPHOEDEMA**  
Reducing volume, pain and fibrosis, improving skin quality, reducing cellulite episodes
- 7 RESPIRATORY**  
Providing a gentle relaxation of the respiratory musculature with mucolytic effect

The machine uses a gentle, electrostatic intermittent pulse where the layers of tissue are attracted and released up to 250 times a second, reaching up to 8cm beneath the skin to drain excess fluid. Therapists apply



**Physiopod® UK Ltd**  
EXCLUSIVE UK & IRELAND DISTRIBUTORS  
**DEEP OSCILLATION®**  
[WWW.PHYSIOPOD.CO.UK](http://WWW.PHYSIOPOD.CO.UK)  
NHS APPROVED SUPPLIERS

Skin

**DEEP OSCILLATION®**

Connective tissue

Fat and adipogenic cells

Muscle

Permeating a depth of 8 cm

Area of influence

\* TÁPANES S H ET AL 2010  
Value of deep oscillation therapy in the healing of AB Burns.  
Revista Cubana de Medicina Física y Rehabilitación  
2010; 2: 3-12.